



Breakfast Bonanza



Top 10 Reasons to Eat in the Morning

- 1. Start the day out right.** Eating in the morning is the easiest way to energize your day, put a smile on your face ~ and reduce your stress level before it gets started.
- 2. Change your family's attitude.** It's a fact ~ eating breakfast makes kids (and adults) more positive, less irritable and more fun to be around, all morning long!
- 3. Improve kids' performance at school.** Breakfast is the quickest, easiest and tastiest way to help kids do better with special tests, everyday classroom work, and grades.
- 4. Improve your performance at work.** Breakfast works for you too. It can help you concentrate on your work, boost your morale, and do a better job ~ whatever you do!
- 5. Improve everyone's physical performance.** Breakfast provides the fuel for school sports, lunchtime basketball games, and power-walks around the neighborhood.
- 6. Help your whole family maintain a healthy weight.** Breakfast eaters have an easier time controlling their weight than those short-sighted breakfast skippers.
- 7. Get the nutrients your body needs.** Breakfast eaters also get more vitamins and minerals ~ the nutrients you need to fight infections and stay healthy for a lifetime.
- 8. Look great and feel even better.** High-octane breakfasts help put a sparkle in your eyes, a shine to your cheeks, and a smile on your face ~ what a way to start the day!
- 9. Set a super example for your kids.** When it comes to breakfast, it's monkey see, monkey do. If you enjoy eating healthfully in the morning, your kids will too.
- 10. Enjoy the great taste of eating well.** With old favorites or adventurous new breakfasts, you can wake up your taste-buds to the delicious flavors of healthful eating.

Breakfast ~ make it a family thing!

Breakfast Bonanzas:

Get up on the right side of food

Mom was right. Breakfast is the most important meal of the day. When you eat in the morning, you get an instant power boost plus long-term benefits. Did you know?

- Breakfast improves your performance at school, work and home.
- Breakfast revs up your metabolism to go in high gear all day long.
- Breakfast makes it easier to manage your weight over a lifetime.

BE REALISTIC: Even on the busiest mornings, everyone can enjoy the benefits of breakfast. Plan a sit-down meal – or grab-and-go – whatever works for your family.

Here's how to enjoy breakfast every day of the week.

It's as easy as 1, 2, 3:

1. Choose a high-energy carbo from the bread and cereal group.
2. Add a juicy (and refreshing) fruit or veggie item.
3. Finish up with a protein source from the meat or the milk group.

Breakfast-to-go:

- Peanut butter on a bagel with a box of your favorite juice
- Piece of leftover cheese pizza with a can of orange juice or an apple
- A banana, a carton of reduced-fat milk and a baggie of crackers

Breakfast-at-home:

- Yogurt parfait with layers of your favorite cereal and dried fruit
- Whole grain toaster waffles with berries (fresh or frozen) and milk
- English muffin pizza with tomato sauce and mozzarella cheese

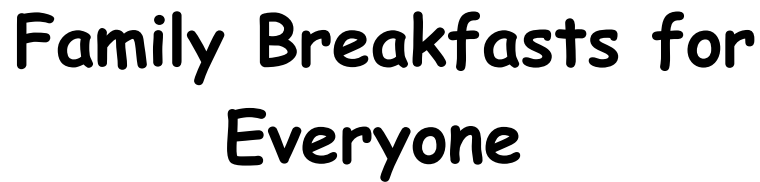
Weekend-delights:

- Whole-grain pancakes topped with fresh fruit and vanilla yogurt
- Veggie omelets with Canadian bacon and bran muffins
- Breakfast casserole with eggs, a dash of sausage and broccoli bits



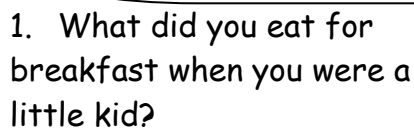
EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles



HIS/HER RELATIONSHIP TO YOU _____

Read the following statement before you start your interview: "I'm going to ask you 10 questions that will help me understand why I like to eat certain foods."



2. Did your family usually eat breakfast together?

3. What kinds of foods did your family usually eat for breakfast?

4. How do our family's breakfasts differ from your family's breakfasts when you were little?

5. What has changed since you were little that makes a difference in the food we eat for breakfast?



1. If we were to visit Mexico,
what kind of grain foods
might we eat for breakfast?

2. If we were to visit China,
what kind of grain foods
might we eat for breakfast?

3. When I was little, what did
I like to eat for breakfast?

4. Do you think the breakfasts
our family usually eats are
healthy? Why or why not?

5. List two goals you think our
family would agree to work
towards to make sure we eat
healthy breakfasts.

(choose these or create your
own goals.)



___ Eat low-fat breads, cereal,
rice, or pasta on most mornings.

___ Have fruit or juice most
mornings.

___ Drink low fat or skim milk or
eat a low-fat cheese most
mornings.

What D'Ya Know?

Circle the phrase or word that best completes each statement below.

1. Healthy eating starts with.....

- a) plenty of breads, cereals, rice and pasta.
- b) plenty of fats and sweets.
- c) mostly milk and ice cream.
- d) lots of meat.

2. You should eat high-fat foods.....

- a) to stay healthy.
- b) to keep warm.
- c) only once in a while.
- d) at every meal.

3. If you eat breakfast you may.....

- a) get fat.
- b) feel tired and sleepy.
- c) want to skip lunch and dinner.
- d) do better in school and sports.

4. Healthy foods to eat at breakfast can include.....

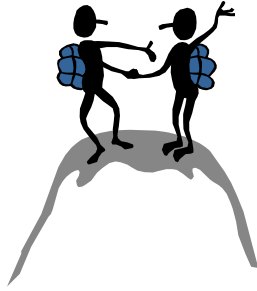
- a) ice cream.
- b) foods you usually eat at other meals, such as sandwiches and pizza.
- c) doughnuts and muffins.
- d) eggs and bacon.

5. Along with eating healthy, you need to be _____ to stay fit and trim.

- a) smart
- b) active
- c) tall
- d) happy

Correct answers for "What D'Ya Know?" are:

1. a
2. c
3. d
4. b
5. b



Lewis and Clark Fitness Challenge

Your child is participating in an exciting program to improve the fitness of Montana's youth: *The Lewis and Clark Fitness Challenge*. You can support this program at home – by helping your whole family eat well and be more active.

There's no doubt about it. We are a nation of couch potatoes – and tater tots. Families spend more time in cars, on couches, and at computers than ever before. So, it's no wonder that more adults and children are overweight than ever before.

One key to good health, and a healthy weight, is to aim for fitness – by combining an active lifestyle with delicious nutrition. By making healthy choices, your family can feel better, look better and be healthier every day.

The good news is that everyday fitness is a lot easier than you think. Even small “sparks” of physical activity can make a big difference in your family's health, weight, and overall attitude.

Aim for FITNESS.

1. Aim for fun activities.

- ✓ Change the “E” word from exercise to **enjoyment**. Choose fun activities – dancing to your favorite tunes, biking as a family, or playing active games (inside or outside). Find activities that everyone enjoys and nobody will have to worry about exercising.

2. Aim for a total of 30 to 60 minutes of activity.

- ✓ The overall goal is to spend more time moving and less time sitting. Adults need at least 30 minutes of physical activity a day; at least 10 minutes at a time; at least 5 days a week. For optimal health, children need a total of about 60 minutes per day.

3. Aim for family activities.

- ✓ Hide the TV remote, unglue your family from the couch, and head out the door to play in the park or hike in the mountains. By turning family time into active time, you can get fitter and be closer at the same time. (PS: Don't forget to take the dog!)

4. Aim for daily activity.

- ✓ Look for ways to be active every day – like using your legs for transportation. Walking is great for both kids and adults – so walk to school, walk to the park, walk to the supermarket with a backpack, and walk from store to store in the mall.

5. Aim for safe activities.

- ✓ Remember to make all physical activities, safe activities. Make sure that everyone has comfortable shoes that are right for the activity. Add sunscreen and hats when you are in the sun. Wear well-fitting helmets for biking, rollerblading, or riding scooters.

Developed by: Montana Office of Public Instruction and Eat Right Montana

SOUND BYTES: Nutrition and Health Online

Six Sites to help you AIM FOR FITNESS

1. Dietary Guidelines for Americans

<http://www.nal.usda.gov/fnic/dga/index.html>

Check out the **Food and Nutrition Information Center** site for all the details about the 2000 Dietary Guidelines. You can print out a colorful Guidelines brochure and use the Consumer Corner to link to other helpful info from the Department of Agriculture.

2. Girl Power: Bodywise

<http://www.health.org/gpower/>

Girl Power! is a national campaign to help encourage 9- to 14- year-old girls to make the most of their lives – with eating right, being active and developing a positive body image. There's plenty stuff for kids (tips, puzzles and games) and for the adults who love them.

3. Walk-to-School USA

<http://www.walktoschool.org/>

Walking to-and-from school is one of the easiest ways for families to aim for fitness. Kids can “lead the way” – on **Walk to School Day** (October 2, 2002) and every day of the year. Read success stories from all over the world – and find tons of resources.

4. Active.com/All the sports you do

<http://www.active.com/index.html>

Pick a sport, any sport, that you enjoy doing – and this site will cover it. You can find tips on improving your performance; a state-by-state list of events; and fun features on easy family fitness – like walk-to-school programs and being a role model for your kids.

5. BAM

<http://www.bam.gov/>

The Centers for Disease Control and Prevention (CDC) designed this site to answer kids' health questions, including those about food and fitness. For example, the “Whiz Kids” section features cool kids doing cool activities (including a blind figure skater!).

6. Activity Pyramid for Kids ~ from the University of Missouri Extension

<http://www.muextension.missouri.edu/xplor/hesguide/foodnut/gh1800.htm>

Pyramids come in all varieties too. This Pyramid page is all about the importance of physical activity for kids and their families. You can print the brightly colored activity pyramid and get lots of

fun tips on being more active as a family.

5 Steps to a Healthy Weight: Family Fun, Food and Fitness

The Lewis and Clark Fitness Challenge is an exciting way to help improve the fitness of Montana's youth. You can support the participants – by modeling healthy eating and an active lifestyle. Here are five easy ways to move toward a healthy weight and a fit future:

BE ACTIVE

Change the “E” word from exercise to enjoyment. There's no need for expensive health club memberships or fancy exercise equipment. Just get physical for a total of 30 to 60 minutes a day – three brisk 10-minute walks will do the trick. Just do it – and see how great you feel. Fun is also the key to family fitness, so:

- **Make family time active – head to the park with a ball, or a Frisbee, or a kite.**
- **Walk around the ball field or school while the kids practice (or play a game).**
- **Plan active vacations – skiing, hiking, biking, swimming, or boating.**

BE REALISTIC

Make small changes in what you eat. BREAKFAST is a tasty time to get a power surge for the day. Look for high-fiber and lower-fat choices:

- * **Oatmeal, raisins, and fat-free milk.**
- * **Leftover cheese pizza and OJ.**
- * **Toaster waffles with fruit topping.**
- * **Bagel with peanut butter and milk.**

BE FLEXIBLE

Balance what you eat thru the day.

LUNCHES can be lighter when you are going out for a big dinner. Look for easy ways to lower fat intake.

- * **Share a small fries with a friend.**
- * **Go for light mayo on sandwiches.**
- * **Add a fruit to your usual fast food.**
- * **Choose 1% (low-fat) or less milk.**

BE ADVENTUROUS

Expand your tastes with 5 A Day. SNACKS are the smart way to get a jump-start on the 5 servings of fruits and veggies you need every day.

- * **Baby carrots and low-fat dip.**
- * **Banana and a carton of 1% milk.**
- * **Veggie juice and fat-free pretzels.**
- * **Canned pineapple and crackers.**

BE SENSIBLE

Enjoy all foods ~ just don't overdo it. DINNERTIME is the right time to enjoy moderation and to listen carefully to your signals from your stomach.

- * **Try eating off smaller size plates.**
- * **Start with moderate portion sizes.**
- * **Turn off the TV and focus on food.**
- * **Eat slowly and chew carefully.**

BREAKFAST

KEY TO

ACADEMIC EXCELLENCE



WHY ALL SCHOOLS SHOULD LAUNCH OR EXPAND BREAKFAST PROGRAMS: BOTTOM LINE...IT TAKES MORE THAN BOOKS FOR A CHILD TO LEARN

Every student needs to eat breakfast because a hungry child can't learn. Yet many children come to school without eating breakfast because: they don't have time; they aren't hungry when they wake up; their parents are too busy to prepare it; or they have a long bus ride to school. Those who do eat may choose low-nutrient foods that don't sustain energy levels throughout the morning. Many core subjects are taught in the morning, so why not make sure your students are fueled with the energy they need to perform better in school?

"The link between good nutrition and good education is clearly demonstrated by higher test scores, better attendance and fewer behavior problems in school."

— Dan Glickman, Former US Secretary of Agriculture

BENEFITS OF SCHOOL BREAKFAST

Principals/Superintendents benefit because:

- Attendance increases
- Test scores increase
- Discipline problems decrease

Teachers benefit because:

- Behavior improves
- Academic success improves
- Attention increases

Food Service Personnel benefit because:

- Participation increases
- USDA funds increase
- Nutritious foods are served

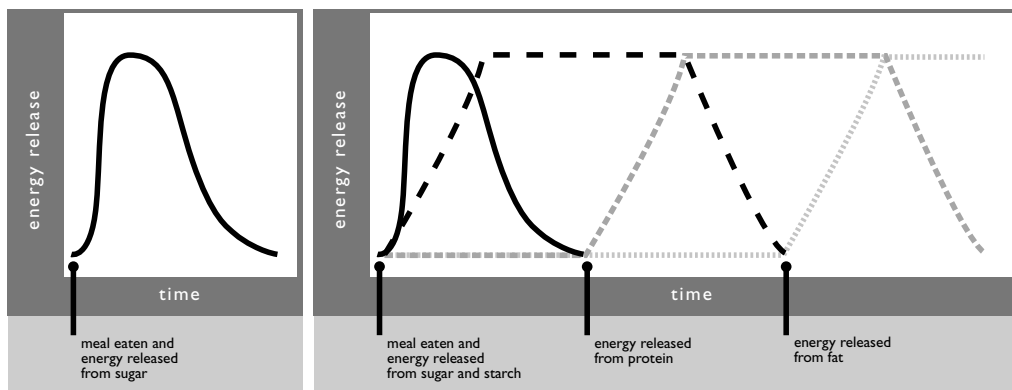
Parents benefit because:

- Mornings are easier
- Kids start the day ready to learn
- Concerns about breakfast skipping are relieved

*kids
benefit,
too!*

WISE FOOD CHOICES ENHANCE LEARNING

Comparison of energy available for learning from two different breakfasts



Sugary foods, such as fruit, fruit juice, candy, or soda pop, eaten in place of a meal cause a quick rise in blood sugar and energy in children. About an hour later, blood sugar and energy decline rapidly, bringing on symptoms of hunger.

A typical school breakfast provides food from at least three Food Groups such as fruit or juice, bread or cereal, and milk. These foods contain sugar, starch, protein and fat that digest at different rates and keep blood sugar up so energy levels are sustained throughout the morning.

sugar starch protein fat

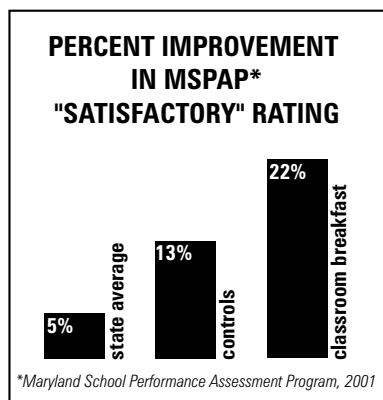
RESEARCH CONFIRMS THAT BREAKFAST EATERS:

- Have higher test scores, work faster, make fewer errors and are more creative
- Are less likely to be sent to the principal or visit the school nurse
- Are more able to concentrate on learning
- Are more cooperative and get along better with classmates
- Are healthier and have improved attendance



BREAKFAST PROGRAMS BOOST BRAIN POWER

Maryland Meals for Achievement breakfast pilot program offers classroom breakfast to all students. The program found tardiness declined 8 percent, suspensions decreased by 1.6 days per month, standardized test scores increased 17 percent over the state average and behavior improved.



By offering a nutritious breakfast to all students at little or no charge in more than 300 elementary schools, Minnesota's Fast Break to Learning school breakfast program helped prepare more than 40,000 children for a full morning of learning. The results from this breakfast program further support the link between making school breakfast available, students' readiness to learn and academic achievement.

BREAKFAST SUCCESS STORIES

Colorado's Jill Kidd, Director of Nutrition Services in Pueblo School District No. 60, implemented a Provision 2 universal classroom breakfast program that provides free breakfast to all children in qualified schools. Participation rose from 15 percent to 99 percent in those schools. Kidd experienced financial benefits from the increased participation and now offers free lunch in qualified schools with the profits from breakfast reimbursement. The district also experienced significant increases in test scores and reading proficiency.

Gail Wilkerson, School Food Service Manager in Pinedale, Wyoming, provides morning milk breaks. Students anticipate the break because they're ready for a snack. Teachers find the students more attentive and better behaved.

EXPANDING BREAKFAST

Consider implementing these alternative breakfast service options and reap the positive results of better learning, enhanced nutrition and improved participation.

- **Breakfast in the classroom** — food is delivered to each classroom and is often combined with attendance-taking and announcements; participation can reach as high as 98 percent of enrollment
- **Breakfast after 1st period** — food is served mid-morning either in the classroom or cafeteria; participation can increase to 50 percent or more of enrollment
- **Grab 'n' Go** — bagged food is served from a variety of locations throughout the morning; participation can increase when offered in addition to traditional cafeteria service

To learn more about alternative breakfast service options, check out the *Expanding Breakfast Manual* and *Video Kit*. It is available from the American School Food Service Association by calling (800) 728-0728 or via: www.asfsa.org/marketplace.

GOING A STEP FURTHER

Some districts may take their breakfast and lunch programs a step further and apply for USDA's Provision 2 option. Schools with a high percentage of participation of free- and reduced-price meals would benefit the most. Contact your state department of education for assistance.



RESOURCES:

- *Maryland Meals for Achievement Classroom Breakfast Pilot Program, December 2001*, Maryland State Department of Education; 200 West Baltimore Street, Baltimore, MD 21201; (410) 767-0199
- *Minnesota School Breakfast Programs: Energizing the Classroom 1994-1997 & Fast Break to Learning 1999-2000 Executive Summary*, Minnesota Department of Children, Families & Learning; 1500 Highway 36 West, Roseville, MN 55113; (651) 582-8526
- *Western Dairy Council*; 12000 N. Washington, #200; Thornton, CO 80241; (303) 451-7711